

Healing by Ruqia Of the Qur'an and Sunnah

Here below you can find some prayers and verses any of us can memorize or read in order to protect him/her from known and unknown diseases...

Reading this Ruqia could be your way toward success in your life because it will protect you from the devil and evil eye Ensha'ALLAH "if ALLAH wills"

1- The Verses from QURAN:

Surat Al-FatihahRead seven times

**bism allah alrrahman alrrahim (1)
alhamd lillah rabb alealamin (2)
alrrahman alrrahim (3) malik yawm
alddin (4) 'iiaak naebud wa'iiaak
nastaein (5) ahdina alssirat
almustaqim (6) sirat alladhin 'aneamt**

**ealayhim ghayr almaghdub ealayhim
wala alddallin (7) mean**

(1) In the Name of Allah, the Most Gracious, the Most Merciful.

(2) All the praises and thanks be to Allah, the Lord of (3) the 'Alamin (mankind, jinn and all that exists) The Most Gracious, the Most Merciful.

(4) The Only Owner (and the Only Ruling Judge) of the Day of Recompense

(5) You (Alone) we worship, and you (Alone) we ask for help (for each and everything).

(6) Guide us to the Straight Way.

(7) The Way of those on whom you have bestowed Your Grace, not (the way) of those who earned Your Anger (i.e. those who knew the Truth, but did not follow it) nor of those who went astray (i.e. those who did not

follow the Truth out of ignorance and error).

**The first five verses of Surat
Al-Baqarah...Read one time**

**bism allah alrrahman alrrahim Alif-
Lam-Mim (1) dhalik alkitab la rayb fih
hudana lilmuttaqin (2) alladhin
yuminun bialghayb wayuqimun
alssalat wamimma razaqnahum
yunfiqun (3) walladhin yuminun bima
'unzil 'iilayk wama 'unzil min qablik
wabialakhirat hum yuqinun (4)
'uwaylayik ealaa hudana min rabbihim
wa'uwaylayik hum almuflihin (5) mean**

**(1) Alif-Lam-Mim. [These letters are
one of the miracles of the Qur'an and
none but Allah (Alone) knows their
meanings.]**

**(2) This is the Book (the Qur'an),
whereof there is no doubt, a guidance**

to those who are Al-Muttaqun [the pious believers of Islamic Monotheism who fear Allah much (abstain from all kinds of sins and evil deeds which He has forbidden) and love Allah much (perform all kinds of good deeds which He has ordained)].

(3) Who believe in the Ghaib and perform As-Salat (Iqamat-as-Salat), and spend out of what We have provided for them [i.e. give Zakat, spend on themselves, their parents, their children, their wives, etc., and also give charity to the poor and also in Allah's Cause -Jihad].

(4) And who believe in (the Qur'an and the Sunnah) which has been sent down (revealed) to you (O Muhammad) and in that which was sent down before you [the Taurat (Torah) and the Injeel (Gospel), etc.] and they believe with certainty in the

Hereafter (Resurrection, recompense of their good and bad deeds, Paradise and Hell).

(5) They are on (true) guidance from their Lord, and they are successful.

Ayat-al-Kursi (Surat Al-Baqarah-verse255) ...Read three times

bism allah alrrahman alrrahim

**allaah la 'iilah 'illa hu alhay alqayuwam
la takhudhuh sinat wala nawm lah ma
fi alssamawat wama fi al'ard man dha
alladhi yashfae eindah 'illa bi'iidhnih
yaelam ma bayn 'aydihim wama
khalfahum wala yuhitun bishay' min
eilmih 'illa bima sha' wasie kursiuh
alssamawat wal'ard wala yayuwduh
hifzuhuma wahu aleali aleazim **mean****

Allah! Lâ ilâha illa Huwa (none has the right to be worshipped but He), Al-Hayyul-Qayyum (the Ever-Living, the

One Who sustains and protects all that exists). Neither slumber nor sleep overtakes Him.

To Him belongs whatever is in the heavens and whatever is on the earth. Who is He that can intercede with Him except with His Permission? He knows what happens to them (His creatures) in this world, and what will happen to them in the Hereafter. And they will never compass anything of His Knowledge except that which He wills. His Kursi extends over the heavens and the earth, and He feels no fatigue in guarding and preserving them. And He is the highest, the Most Great

The last two verses of Surat Al-Baqarah Read one time

aaman alrrasul bima 'unzil 'iilayh min rabbih walmuminun kull aaman

biallah wamalayikatih wakutubih
warusulih la nufarriq bayn 'ahad min
rusulih waqaluu samiena wa'ataena
ghufranak rabbana wa'iilayk almasir
(285) la yukallif allah nafsana 'illa
wuseaha laha ma kasabat waealayha
ma aktasabat rabbana la tuaakhidhna
'iin nasina 'aw 'akhtana rabbana wala
tahmil ealayna 'iisrana kama hamaltah
ealaa alladhin min qablina rabbana
wala tuhammilna ma la taqat lana bih
waefuu eanna waghfir lana warhamna
'ant mawlana fansurna ealaa alqawm
alkafirin **mean**

**(285) The Messenger (Muhammad)
believes in what has been sent down
to him from his Lord and (so do) the
believers. Each one believes in Allah,
His Angels, His Books, and His
Messengers. (They say), "We make no
distinction between one another of
His Messengers" - and they say, "We
hear, and we obey.**

(We seek) your Forgiveness, our Lord, and to you is the return (of all)."

(286) Allah burdens not a person beyond his scope. He gets a reward for that (good) which he has earned, and he is punished for that (evil) which he has earned.

"Our Lord! Punish us not if we forget or fall into error, our Lord! Lay not on us a burden like that which you did lay on those before us (Jews and Christians); our Lord! Put not on us a burden greater than we have strength to bear. Pardon us and grant us Forgiveness. Have mercy on us. You are our Maula (Patron, Supporter and Protector, etc.) and give us victory over the disbelieving people."

**Some verses from Surat
Al-'Imran....Read one time**

**rabbana la tuzigh qulubana baed 'iidh
hadaytana wahab lana min ladunk
rahmatan 'innak 'ant alwahhab
rabbana ma khalaqt hadha batilana
subhanak faqina eadhab alnnar *
rabbana 'innak man tudkhil alnnar
faqad 'akhzaytah wama lilzzalimin min
'ansar **mean****

(They say): "Our Lord! Let not our hearts deviate (from the truth) after you have guided us, and grant us mercy from you. Truly, you are the Bestowed."

"Our Lord! You have not created (all) this without purpose, glory to you! (Exalted are you above all that they associate with you as partners). Give us salvation from the torment of the Fire.

Our Lord! Verily, whom you admit to the Fire, indeed, you have disgraced him; and never will the Zalimun

**(polytheists and wrong-doers) find
any helpers**

**Some Verses from Surat Yunus...
Read seven times**

**qal musaa ma jitum bih alssihir ['inn
allaah sayubtiluh ... 7 times] 'inn
allaah la yuslih eamal almufsidin (81)
wayuhiq allah alhaq bikalimatih
walaw karih almujrimun mean**

**Musa (Moses) said: "What you have
brought is sorcery; Allah will surely
make it of no effect.**

**Verily, Allah does not set right the
work of Al-Mufsidun (the evil-doers,
corrupters).*" And Allah will establish
and make apparent the truth by His
Words, however much the Mujrimun
(criminals, disbelievers, polytheists,
sinners) may hate it."**

**A verse from Surat Ar-Ra'd...Read
seven times**

**alladhin amanu watatmayin
qulubuhum bidhikr allaah 'ala bidhikr
allaah tatmayin alqulub (28) mean**

**Those who believed (in the Oneness
of Allah - Islamic Monotheism), and
whose hearts find rest in the
remembrance of Allah: verily, in the
remembrance of Allah do hearts find
rest.**

**Last four verses from Sûrat Al-
Mu'minun..Read one time**

**'afahasibtum 'annama khalaqnakum
eabathana wa'annakum 'iilayna la
turjaeun (115) fataealaa allah almalik
alhaqq la 'ilah 'illa hu rabb alearsh**

**alkarim (116) waman yade mae allah
'iilahana aakhar la burhan lah bih
fa'innama hisabuh eind rabbih 'innah
la yuflih alkafirun (117) waqul rabb
aghfir warham wa'ant khayr
alrrahimin mean**

**115- Did you think that we had
created you in play (without any
purpose) and that you would not be
brought back to us?**

**116- So Exalted be Allah, the True
King: La ilaha illa Huwa (none has the
right to be worshipped but He), the
Lord of the Supreme Throne!**

**117- And whoever invokes (or
worships), besides Allah, any other
ilâh (God), of whom he has no proof;
then his reckoning is only with his
Lord. Surely! Al-Kafiren (the
disbelievers in Allah and in the
Oneness of Allah, polytheists,**

pagans, and idolaters) will not be successful.

118- And say (O Muhammad): "My Lord! Forgive and have mercy, for you are the Best of those who show mercy!"

A verse from Surat An-Nur...Read one time

**allah nur alssamawat wal'ard mathal
nurih kamishkat fiha misbah almisbah
fi zujajat alzzujajat ka'annaha kawkab
durri yuqad min shajarat mubarakat
zaytunat la sharqiat wala gharbiat
yakad zaytuha yudi' walaw lam
tamsash nar nur ealaa nur yahdi allah
linurih man yasha' wayadrib allah
al'amthal lilnnas wallah bikull shay'
ealim (35) mean**

Allah is the Light of the heavens and the earth. The parable of His Light is

as (if there were) a niche and within it a lamp: the lamp is in a glass, the glass as it were a brilliant star, lit from a blessed tree, an olive, neither of the east (i.e. neither it gets sun-rays only in the morning) nor of the west (i.e. nor it gets sun-rays only in the afternoon, but it is exposed to the sun all day long), whose oil would almost glow forth (of itself), though no fire touched it. Light upon Light! Allah guides to His Light whom He wills. And Allah sets forth parables for mankind, and Allah is All-Knower of everything

A verse from Surat As-Saffat...Read one time

**'inna zayanna alssama' alddunya
bizinat alkawakib (6) wahifzana min
kull shaytan marid (7) la yassmmaeun
'iilaa almala'i al'aelaa wayuqdhafun**

min kull janib (8) [duhurann walahum eadhabun wasib... 7 times] (9) 'illa man khatif alkhatfat fa'atbaeah shihab thaqib **mean**

6- Verily we have adorned the near heaven with the stars (for beauty)

7- And to guard against every rebellious devil.

8- They cannot listen to the higher group (angels) for they are pelted from every side.

9- Outcast and theirs is a constant (or painful) torment. (Read seven times)

10- Except such as snatch away something by stealing, and they are pursued by a flaming fire of piercing brightness.

A verse from Surat Az-Zumar ...Read three times

qul 'afara'aytum ma tadeun min dun
allah 'iin 'aradani allaah bidurr hal
hunn kashifat durrih 'aw 'aradani
birahmat hal hunn mumsikat rahmatih
qul hasbi allah ealayh yatawakkal
almutawakkilun (38) **mean**

**Say: "Tell me then, the things that you
invoke besides Allah - if Allah
intended some harm for me, could
they remove His harm? Or if He
(Allah) intended some mercy for me,
could they withhold His Mercy?" Say:
"Sufficient for me is Allah; in Him
those who trust (i.e. believers) must
put their trust."(38)**

**Last four verses from Surat Al-
Hashr...Read three times**

**law 'anzalna hadha alquraan ealaa
jabal lara'aytah khashieana**

**mutasaddieana min khashyat allah
watilk al'amthal nadribuha lilnnas
laeallahum yatafakkarun (21) hu allah
alladhi la 'ilah 'illa hu ealim alghayb
walshshahadat hu alrrahman alrrahim
(22) hu allah alladhi la 'ilah 'illa hu
almalik alquddus alssalam almunin
almuhaymin aleaziz aljabbar
almutakabbir subhan allah eamma
yushrikun (23) hu allah alkhalik albari
almusawwir lah al'asma' alhusnaa
yusabbih lah ma fi alssamawat
wal'ard wahu aleaziz alhakim mean**

**21- Had we sent down this Qur'an on
a mountain, you would surely have
seen it humbling itself and rent
asunder by the fear of Allah. Such are
the parables which we put forward to
mankind that they may reflect.**

**22- He is Allah, besides whom La
ilaha illa Huwa (none has the right to
be worshipped but He) the All-Knower**

of the unseen and the seen. He is the Most Gracious, the Most Merciful.

23- He is Allah besides Whom La ilaha illa Huwa (none has the right to be worshipped but He), the King, the Holy, the One Free from all defects, the Giver of security, the Watcher over His creatures, the All-Mighty, the Compeller, the Supreme. Glory be to Allah! (High is He) above all that they associate as partners with Him.

24- He is Allah, the Creator, the Inventor of all things, and the Bestower of forms. To Him belong the Best Names. All that is in the heavens and the earth glorify Him. And He is the All- Mighty, the All-Wise.

Last two verses from Sûrat Al-Qalam...Read three times

**wa'iin yakad alladhin kafaruu
layuzliqunak bi'absarihim lamma
samieuu aldhdhikr wayaqulun 'innah
lamajnun (51) wama hu 'illa dhikr
lilealamin mean**

**51- and verily, those who disbelieve
would almost make you slip with their
eyes (through hatred) when they hear
the Reminder (the Qur'an), and they
say: "Verily, he (Muhammad) is a
madman!"**

**52- But it is nothing else than a
Reminder to all the 'Alamin (mankind,
and jinn).**

**A verse from Surat Al-Buruj ...Read
seven times**

**'inn alladhin fatanuu almuninin
walmuminat thumm lam yatubuu**

falahum eadhab jahannam walahum eadhab alhariq mean

Verily, those who put into trial the believing men and believing women (by torturing them and burning them), and then do not turn in repentance (to Allah), then they will have the torment of Hell, and they will have the punishment of the burning Fire.

Surat Al-Ikhlâs.....Read three times

bism allah alrrahman alrrahim

qul hu allah 'ahad (1) allah alssamad (2) lam yalid walam yulad (3) walam yakun lah kufuana 'ahad (4) mean

1- Say (O Muhammad): "He is Allaah, (the) One.

2- Allah -us-Samad [Allah the Self-Sufficient Master, Whom all creatures need, (He neither eats nor drinks)].

3- "He begets not, nor was He begotten.

4- "And there is none co-equal or comparable unto Him.

Surat Al-Falaq.....Read three times

bism allah alrrahman alrrahim

**qul 'aeudh birabb alfalaq (1) min sharr
ma khalaq (2) wamin sharr ghasiq
'iidha waqab (3) wamin sharr
alnnffathat fi aleuqad (4) wamin sharr
hasid 'iidha hasad (5) mean**

**In the Name of Allah, the Most
Gracious, the Most Merciful**

**1- Say: "I seek refuge with (Allah), the
Lord of the daybreak**

2- "From the evil of what He has created.

3- "And from the evil of the darkening (night) as it comes with its darkness; (or the moon as it sets or goes away).

4- "And from the evil of those who practice witchcraft when they blow in the knots,

5- "And from the evil of the envier when he envies."

Surat An-Nas... Read three times

bism allah alrrahman alrrahim

**qul 'aeudh birabb alnnas (1) malik
alnnas (2) 'iilah alnnas (3) min sharr
alwaswas alkhannas (4) alladhi
yuaswis fi sudur alnnas (5) min
aljinnat walnnas (6) mean**

In the Name of Allah, the Most Gracious, the Most Merciful

1- Say: "I seek refuge with (Allah) the Lord of mankind.

2- "The King of mankind.

3- "The Ilah (God) of mankind.

4- "From the evil of the whisperer (devil who whispers evil in the hearts of men) who withdraws (from his whispering in one's heart after one remembers Allah).

5- "Who whispers in the breasts of mankind

6- "Of jinn and men."

2- Prophetic Prayers:

We advise you to repeat these prayers below. Prophet Mohammed (blessings and Peace be upon him) was keen to say these prayers in a case of illness.

Three times

**bism allah alladhi la ydrr mae aismuh
shay' fi al'ard wala fi alssama' wahu
alssamie alealim mean**

**In the name of Allah with whose Name
nothing is harmful neither on Earth
nor in the Heavens and He is the All-
Hearing, the All-Knowing**

A prayer to recover from disease

bism allahi... 3 times mean

In the name of Allah Say it three times

**'aeudh biallah waqudratah min shr
ma ajid wahadhir... 7 times mean**

**I seek refuge in Allah and His Power
from the evil of what I find and I fear.
Say it seven times**

Read this Prayer seven Times

**asal allah aleazim rbb alearsh
aleazim 'ann yshfyany mean**

**I ask Almighty God, Lord of the
Mighty Throne, to heal me**

**Prayer of Wellness... Repeat it as
much as you can**

**allahumm 'inni 'as'alak aleafw
waleafiat fi alddunya walakhi mean**

**God, I ask you for pardon and well-
being in this world and the Hereafter.**